Daily Word

NOVEMBER 1953

Class Thoughts

PEACE . . . In the name of the Lord Jesus Christ we pray for and decree a permanent peace, uniting all the nations of the earth in a league of justice and righteousness, in which the life, liberty, and love of God shall be paramount.

PRAYER FOR WORLD LEADERS: Through the Christ Mind you are unified in thought, purpose, and understanding, and inspired to right action for the good of all mankind.

•

ILLUMINATION (11 a.m.): I daily praise Spirit within me for illumination and ever-increasing wisdom.

•

PROSPERITY (12 noon): Let all my thought people praise Thee, O God, then shall the earth yield her increase and prosperity become manifest.

•

HEALING (9 p.m.): I daily praise the Spirit of life and health for restoring me to perfection of mind and body.

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DAILY WORD

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I Listened to Myself!

A Daily Word Reader

Editor's note: *We print the following letter because it so graphically illustrates the message of the article "Behold, I Send My Messenger," which follows.*

"I am becoming quite interested in thought. Until I began studying Unity thoughts did not mean a thing to me. Now, just thinking is almost like playing a game. Win or lose, it is all up to me.

"That idea—a new one to me—seemed to come like a flash, and yesterday I decided I would listen to myself, to what I said during the day. And do you know that I was amazed at what I heard? I decided that what I said aloud was really a thought being heard. Does that make sense to you? Anyway, in the morning I started in like this: to one of the children—'Spilled your glass of milk again. Honestly you are a pain in the neck.' By noon I noticed (counted) that I had said 'You are a pain in the neck' eight times. I had also said, 'I will never get my work done today—never,' at least five times. 'I'm sick and tired of picking up after everyone,' 'I certainly can't pay all those bills this month and on top of them get the barn roof painted. I'm not the First National Bank!'

"Can you imagine, all those negative thoughts within four hours!

"What became of those thoughts, you may ask? I'll tell you. Those thoughts went right to work. Oh yes, indeed! I did not get my work all done yesterday. Company came unexpectedly, so there was a thought that did exactly as I said when I complained that I would never get my work done. About 7:30 p. m. I had a severe earache that sent a pain down into the left side of my neck. Well, I could not blame anyone but myself. Did I not say, 'You are a pain in the neck?' There it was!

"By bedtime I was so tired I actually felt sick. Well, I had said, 'I am sick and tired, etc.' All this is actually the truth. And speaking of bills not getting paid—the sole came off my right shoe this morning. Who am I blaming? Not God, or the children, or fate as some say. I know that I did it, with those 'spoken' thoughts.

"Oh, yes, I know they do not always hurry so fast to perform, but I am really convinced that they do as they are told.

"Today, a new beginning, and what happened? Well, only twice I said, 'You're a pain in the neck.' I caught myself three times and quickly changed it to, 'You are really God's child. Run and play.' Oh, I admit it is really work for me to

think right, but I shall try harder tomorrow. I am trying to remember that every thought is a messenger, that it is alive and ready to go. I tell myself, 'Watch out Margaret; be sure and send out the right messenger!'

"Awhile ago those bills popped up from some corner of my brain. I had the feeling they were glaring at me with a sinister grin. Quickly I shut the door of negative thinking and opened the positive door with this thought, 'The Lord *is* my shepherd; I shall not want.' I am sure that no bill can stand up to a right thought like that, now can it!

"In today's DAILY WORD lesson are the words: 'I listen to my indwelling Lord. I am led into paths of peace and plenty, and my every need is supplied.' It almost seems as though Unity had written that for me at the very time I needed it!"

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"Behold, I Send My Messenger"

C. O. SOUTHARD, M. D.

YOU ARE actually sending out messengers at all times, and they do go to prepare the way for you. Sometimes you have wondered why the path you travel has seemed so very easy, and why at other times it has been so difficult. It depends upon the kind of couriers you have sent.

These messengers are your thought servants. If you do not like the preparations made for you, it is not the fault of the messenger you have sent, but of your choice of the thought that you dispatched on the errand. You must have chosen one unfitted for the work to be done.

You should be well acquainted with the work of these messengers in order that you may be wise in your choice. Let us put it plainly. Your hopes and your fears are the couriers that go to prepare the way before you, and they do prepare it. They make the rough places smooth, or they erect obstacles where none existed. They make the crooked ways straight or they send you on wide detours, according to the group to which they belong. This is why you should use care at all times. This simply means being careful of your thinking. You

have the privilege of choosing your thoughts.

Every morning you are sending forth these couriers to prepare the way for you during the day. Each evening you send them out to arrange for the next day's business. Further than this, the messengers you are sending out now may be preparing conditions for you weeks or months ahead. You should be just as careful of the kind of thoughts you send forth as you are in selecting an assistant in your work, for the outcome of your affairs depends largely upon the kind of work your thoughts do for you. What you think early in the morning has more influence for good or bad upon the affairs of the day than what you eat for breakfast, or whether you eat at all, or what exercise you take, if any.

Suppose that you have some business to which you must give your attention tomorrow or next week and that to you it seems of great importance. Your mental attitude while considering it determines which messenger is starting on the work. If you are full of doubts concerning your ability to consummate the affair to your satisfaction, and if you are worrying about it, you are sending forth a fear messenger. The harder you worry the more power you give him, and the greater the likelihood that he will make a mess of what may be a very simple matter. If you continue worrying, you are

sending more such messengers, and you will soon have a regular host misarranging affairs.

If, however, you take the opposite stand, and assume that you can do it in some way and that there is nothing to worry about because everything is sure to be all right, you are equipping a hope messenger that will go before you and straighten things out. If you fill this courier with your faith in the good and give him plenty of support, you may find later that the business is all arranged with no effort on your part. This has happened many times, for these messengers have great power.

There is not a day in which we are not faced by some problem that we feel we must solve. It may appear trivial, or it may seem to be a most momentous question, but there is a right way and a wrong way of going at it. You can worry over it, and make things worse by sending fear messengers ahead to mix things up for you; or you can attack the problem with faith in a good ending, and thus send out messengers of hope to clear the obstacles away. The choice is yours, and yours alone.

Yes, we are sending out couriers before us continually. Why should we not deliberately choose those fitted to carry the message we really wish to send? This would seem to be the logical thing to do: Send out the messenger who will do the

job in the right way, then hold that it is done now until we find the solution we are seeking. This solution may come to us quickly, for these silent messengers frequently report back, and we know in advance how things are working.

If a problem is now facing you, send out your messengers of hope and faith continually. Would you equip them well for the work? Here is where imagination comes into action. If you can picture yourself doing the thing, bringing it to a successful conclusion, you are sending out strong faith messengers to prepare the way that leads to success. But if you imagine yourself failing, your fear messengers are preparing the pitfalls that will cause the trouble you dread. Columbus would never have crossed the Atlantic if he had not believed the crossing possible and imagined himself doing it. His faith opened the way, although the undertaking seemed very difficult.

When you are drawing mental pictures of success or failure, you are giving your hopes or your fears full sway, and you are also giving them more complete instructions in what you wish done.

Send out your messengers before you. You should never undertake to do anything without preparation, and the best form of this is to send forth thoughts of success in your efforts. Consider the question as closely as possible. Perhaps the

way seems dark to you, but there is One who knows and who sees the way clearly. A statement such as, "Infinite wisdom now reveals to me the way I should go" will help you more than a hundred interviews with friends, well meaning though they may be. It opens the way for the real Friend of all to speak to you and guide you.

Then, when the time is approaching for you to do the thing or attend to the business, clear your mind of all worry and open the path before you by holding to some such thought as "Divine love goes before me and prepares my way." This is the best messenger you can send. Love will straighten out more difficulties than any other power that has ever been discovered. If you send this courier before you, the way will be well prepared. Having sent out this thought, put your faith in it and know that all things are being arranged. As you want them to be? Not necessarily, but for your highest good. That should be your goal. The little thing you so much want may not be half so good as what the Father has ready for you. So let Him prepare the way for the best things of all.

Perhaps you are having trouble in letting go of the old fears and are still inclined to doubt your own powers. Then turn to the best way of all, to your superconscious self, the Christ within you.

He is all powerful, and He is always ready to help you. Let Him do it now.

"Commit thy way unto Jehovah;

Trust also in him, and he will bring it to pass." Quite definite directions, these; why not follow them? In any matter that is puzzling you, in any question of what to do, just put the affair in the care of Christ, and it will be attended to in the best possible way. When you cast your problems on the Christ within you, the load is taken away from you. Let it go, and rejoice that the thing is done.

Do not think that there is a special form or some particular secret word that you must use. There is not and never has been. When you are using any strong affirmation of good, you are sending the corresponding thought out before you, and it is doing its work. When you are thinking of yourself as successful in something, you are sending success messengers ahead of you. And when you claim that Christ is revealing the way to you now, His love is opening the doors before you, and you will find all things made ready when the time comes.

(The foregoing article is a condensation of a chapter from Dr. C. O. Southard's book *Truth Ideas of an M.D.*, published by Unity School of Christianity, Lee's Summit, Mo.)

Sunday

Today I give thanks that—

I AM AN OPEN CHANNEL FOR THE INFLOW AND OUTFLOW OF GOD'S LOVE.

DID you ever stop to think that God needs you? He needs you, for without you He has one less channel for the inflow and outflow of His love. Therefore you are important to God—as important as you permit yourself to be.

If you feel bound by a sense of inferiority and limitation, you may wonder how you can become important to God and how you can ever be a channel for the inflow and outflow of His love.

Prayer is the means by which you develop strength and power to overcome the limitations you have placed upon yourself. Greed, fear, anger, and habits that have bound you are overcome as you realize the truth about yourself.

In God you live, and move, and have your being. As you permit yourself to be one of God's own channels through which His love flows forth to heal, to free, to harmonize, and to bless, your whole being is transformed.

• *My Father worketh even until now, and I work.* —JOHN 5:17.

Today I give thanks that—

THE ALL-CONQUERING CHRIST IS ACTIVE IN ME, AND I AM SUCCESSFUL IN ALL THAT I UNDERTAKE.

I ACCEPT the thought that the all-conquering Christ is active in me, helping me in whatever I do and wherever I go.

I contribute to my success and advancement by keeping the right attitude toward my work. Regardless of what others may say or do, I endeavor each day to render perfect service to my fellow men. I work in a spirit of love, joy, enthusiasm, and concentration. I am not contentious or unpleasant. I inject a spirit of harmony and order into my work, whatever it may be.

In every task that I am called upon to perform I keep before me the thought of serving God. I know that I can call upon the all-conquering Christ in me for the ideas I need to do well any task that is before me.

I am loyal, faithful, and true, and satisfying, lasting success and happiness are mine.

♣ *And in every work that he began in the service of the house of God . . . he did it with all his heart, and prospered.*—II CHRON. 31:21.

Tuesday

Today I give thanks that—

I AM RENEWED IN FAITH, IN COURAGE, AND IN INSPIRATION.

THERE is something worthwhile for each one of us to do today, and if we begin the day with prayer we shall meet it successfully. As we look to God for inspiration before doing anything, we are ready to go forward, strengthened in faith and receptive to new ideas.

If we are beginning something new today, God will give us the courage and faith we need to accomplish it. If we need a fresh viewpoint and renewed faith to go on with what we have already started, we shall be given them in our time of silent prayer.

Each one of us can fulfill God's plan for us today by beginning right where we are with faith and courage.

As we pray we shall be renewed in faith, in courage, and in inspiration. As we press forward with our minds open to inspiration and our vision uplifted, we shall be successful.

♣ *The Lord stood by me, and strengthened me; that through me the message might be fully proclaimed.* —II TIM. 4:17.

Today I give thanks that—

"EARTH HAS NO SORROW THAT HEAVEN CANNOT HEAL."

THE comfort of Spirit is strengthening, healing, and life giving. There may be times when our loss seems so great that we feel we cannot go on. But in our hour of need, Spirit is with us, a mighty, staying force. We hear His voice within us saying: "Be comforted, my child. The darkness shall pass away and light shall shine again. I am with you and those you love forever and forever, for my life is eternal. I will uphold you and bless you and comfort you. My love shall never let you go."

From the heavenly realm within us, healing and comfort come to us, and we look on life with new vision and new faith.

We see that in all of life there is continuous change, but never irrevocable loss. We are able to release any sense of sorrow or grief and to go forward filled with a calm peace, a radiant spirit, a strengthened faith.

Weeping may tarry for the night,
But joy cometh in the morning.
—PSALMS 30:50.

Thursday

Today I give thanks that—

CHRIST WITHIN ME IS MY GLORY. THE BRIGHTNESS OF HIS PRESENCE WIPES OUT ALL DARKNESS, AND I AM FILLED WITH LIGHT AND JOY AND PEACE.

CHRIST within me is my glory. His presence in me makes me radiantly alive.

Today I am lifted to new heights of spiritual understanding. All darkness disappears from my mind and heart and life.

I think with thankfulness of all that has gone before in my life; I know that I have grown and gained through every experience. I know that I have increased in spiritual stature.

I think of all the good that has been part of my experience, and I give thanks to God. I know that I am His beloved child, that He loves me with an everlasting love.

Today I am young and vital, strong and free. I am filled with faith, power, and courage. I see new avenues of good opening to me. I feel the presence of God and good on every hand. Today is a glorious day, and I am His glorious child.

♣ *The glory which thou hast given me I have given unto them.*—JOHN 17:22.

Today I give thanks that—

MY PATIENCE IS BEARING FRUIT. I KEEP MY FAITH CENTERED IN GOD'S GOOD WILL FOR ME.

I RESOLVE to do my divinely-directed best in whatever I do. Living each moment in this way I do not anxiously compare myself with others nor longingly seek to make my life like theirs.

My life is mine to live in the way that God directs, and the path that is right for me is revealed as I keep my mind and heart open and receptive to His divine leadings.

If at present I am dissatisfied, I turn within for comfort and encouragement. The Spirit of God in the midst of me lifts me up, renews my faith; and I am inspired to go forward in confidence.

I know that even now my patience is bearing fruit and that my good is coming forth. It does not matter if I cannot see just how this is being accomplished. My only need is to stand firm in my faith that God's will for me is good.

For surely there is a reward;
And thy hope shall not be cut off.
—PROV. 23:18.

Today I give thanks that—

I HAVE THE POWER TO POUR FORTH THE CHRIST LOVE TO OTHERS.

TODAY I will express the Christ love in my human relations. I will be kind in speech and action. I will be considerate of the feelings of others. In every situation I will practice the Golden Rule.

Today I will do what I can to bring joy into the lives of others. I will remember that Jesus tells us that every consideration and kindness shown another is in reality love expressed toward God. "Then shall the King say unto them . . . Inasmuch as ye did it unto one of these my brethren, *even* these least, ye did it unto me."

Christ, God's Spirit in man, is awakened through faith and love. I express love toward my friends and dear ones, and I express love also to those who seem on the outside of everything, "*even* these least." I let the healing love of Christ shine forth through me to all, and I experience peace and joy in my heart and soul.

♣ *I was a stranger, and ye took me in; naked, and ye clothed me; I was sick, and ye visited me; I was in prison, and ye came unto me.*—MATT. 25:35, 36.

Today I give thanks that—

THE FATHER IS WITH ME AND IS IN COMPLETE CHARGE OF MY LIFE.

WHEREVER I am, even if to all appearances I stand alone, the Father is with me. As I affirm the presence of the Father I stand serene, secure, protected. In the midst of confusion I can release any feeling of tension by keeping my faith centered in the indwelling Father. With the trust of a little child I "let go and let God," and the mountains of fear, confusion, and doubt are removed.

I let the Father have complete charge of my affairs. I relax and leave all things with Him. I give thanks that I am His beloved child and that He is with me now.

It is the Father's good pleasure to open the way to new blessings, to new opportunities. Because I know that this is true, I am never disheartened or discouraged.

One with the Father, I am reborn in a world of new beauty and joy.

♣ *I and the Father are one. . . . I am the Son of God . . . the Father is in me and I in the Father.*—JOHN 10:30, 36, 38.

Monday

Today I give thanks that—

MY THOUGHTS ARE IN HARMONY WITH GOD.

CHARLES FILLMORE teaches that "the mind of man is like the net catching every kind of idea, and it is man's privilege and duty under the divine law to separate those which are good from those which are not good. In this process the currents of unselfish, spiritual love flowing through the soul act as great eliminators, freeing the consciousness of thoughts of hate, lack, and poverty, and giving the substance of Spirit free access into the consciousness and affairs. . . . Each must handle his own thoughts and overcome them by aligning them with the harmony and order of the divine thought. There is an infinite, omnipresent wisdom within us that will deal with these thoughts and guide us in making the discrimination between the right and the wrong. . . .

"Old thoughts must be denied and the mind cleansed in preparation before the affirmative Christ consciousness can come in."

♠ *Bringing every thought into captivity to the obedience of Christ.*—II COR. 10:5.

Today I give thanks that—

NOTHING IS IMPOSSIBLE OR INCURABLE IN GOD'S SIGHT!

IN SILENT Unity we have all faith in the power of God, and our faith is continually strengthened by the works being accomplished through prayer. Every day we receive reports of healings, and in many instances the healing has been effected in the face of a verdict of incurable or hopeless.

There are many persons in need of healing, many who feel that their condition is incurable. Today, as we pray together, let us think especially of these persons, and let us remember them in our prayers. Jesus tells us that "Where two or three are gathered together in my name, there am I in the midst of them." So we, the multitude of DAILY WORD readers gathered together in prayer in the name of Jesus Christ, are assured of His healing presence in our midst. Together let us affirm with all our faith, "Nothing is impossible or incurable in God's sight!"

The prayer of faith shall save him that is sick.—JAS. 5:15.

Wednesday

Today I give thanks that—

THROUGH THE CHRIST MIND OUR WORLD LEADERS ARE UNIFIED IN THOUGHT, PURPOSE, AND UNDERSTANDING. AND INSPIRED TO RIGHT ACTION FOR THE GOOD OF ALL HUMANITY.

ON Armistice Day it is fitting to give our thought and attention especially to world conditions and world leaders. The above affirmation is one that Silent Unity and DAILY WORD readers have been using for some time for world leaders.

Today let us make a great united effort to bless our world leaders. Let us know that the unifying Christ Mind in the midst of them is greater than differences in thought or opinion, in nationality or custom. Many things in the outer may seem powerful to keep world leaders apart; but these things that seem powerful are powerless in the face of Spirit. Where Spirit is called into action through faith and prayer, unity is always possible —unity of thought, purpose, and understanding. And where there is unity of thought, purpose, and understanding, right action follows.

♣ *I saw a new heaven and a new earth.*—REV. **21:1.**

Today I give thanks that—

THE JOY AND PEACE OF INFINITE SPIRIT FILL MY BEING.

RELAXED and still in body and mind, I consciously seek and find union with infinite Spirit. I release myself into the perfect freedom of God's presence and feel a wonderful sense of well-being and warming love. All troubles disappear as the protecting love of God infolds me.

Love from the Christ-filled depths of my consciousness enters into every thought, and my mind is understanding and wise through Spirit. I think loving thoughts about all persons and all circumstances.

I feel my union with God, the Father, with Christ the Saviour, and with all men, my brothers. My thoughts, alive with God's quickening power, pour out a blessing upon my loved ones, friends, and neighbors. I see them all beloved and blessed of God.

Relaxed and still, I find God.

Thou wilt show me the path of life:
In thy presence is fulness of joy.
—PSALMS 16:11.

Friday

Today I give thanks that—

GOD HAS GIVEN ME A SPIRIT OF HAPPINESS, AND I BLESS MY LIFE WITH THIS SPIRIT.

WHEN there is unhappiness, the first step in overcoming it should be the examination of one's own attitudes. Often one expects, from another person or situation, satisfaction that cannot come from any source outside one's self.

For instance, a person may expect marriage to supply security and satisfaction. When he feels unhappy within himself he may feel that his marriage is wrong. Actually the unhappiness may spring from inner causes rather than from marriage or any outer situation. His need is to call forth the Godlike qualities that develop a sense of security and satisfaction.

Happiness in life is not a gift but a structure. It is built by meeting each situation with faith, with understanding, with willingness to learn and grow.

God has given us a spirit of happiness with which to bless our lives and the lives of others.

♠ *My spirit maketh diligent search.*—PSALMS 77:6.

Thought Is a Solitude

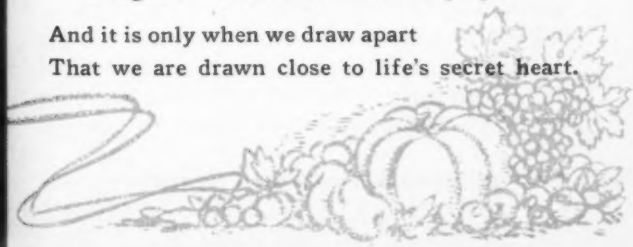
JAMES DILLET FREEMAN

An unfrequented country road may be
  The good companion of an afternoon;
Nature is often pleasant company,
  Even when our own thoughts are out of tune.

And sometimes when there is nobody near
  To walk with or to talk with, we are less
Alone than with the friends who hold us dear;
  Being alone need not be loneliness,

For sometimes when we go alone and shun
  The world of men awhile, we grow aware
Of the compassion that makes all things one.
  Thought is a solitude, and so is prayer.

And it is only when we draw apart
That we are drawn close to life's secret heart.



Today I give thanks that—

THE DESIRES OF MY HEART ARE ASSURED OF PERFECT FULFILLMENT.

THE quickest and surest way to realize the fulfillment of our desires is to place them lovingly in God's care. Whether the desire is for a greater expression of love in our lives, for radiant health, or for more of God's abundance in our affairs, there is divine fulfillment for every true desire. When we relinquish all anxious thoughts and keep our attention fixed steadfastly on God and His ever-present good, our desires are fulfilled in wondrous ways.

Perhaps there is some cherished goal that we long to attain; perhaps our desire is to be of greater service in some way. Whatever the desires of our hearts, God's unfailing law of fulfillment works in and through us to bring them to pass.

Every true desire has been implanted in us for the purpose of fulfillment. We may rest assured that we have the God-given power and ability to bring forth good in our lives.

♠ *He will give thee the desires of thy heart.*—PSALMS 37:4.

Sunday

Today I give thanks that—

GOD IS LIFE ETERNAL.

WITHIN US is the life of Spirit. This life flows forth from God, our Father, and it is free from negation. It is eternal and perfect.

Within the life of Spirit that animates our being—mind, soul, and body—there is no element of sickness or death. There is no aging process in this life, and it never loses one fraction of its vitality with the passing of time.

The life within is spiritual life, the only life there is, and it is the eternal work of this life to resurrect, renew, and rebuild our bodies forevermore.

It is the will of God that we should perpetually receive this vitalizing life of Spirit in every atom of our being—body, mind, and soul—without interruption. But in order to do this we must lay aside the belief that life and vitality lessen as the years go by. The Spirit within is eternally resurrecting all those who let it have its way.

♣ *If a man keep my word, he shall never taste of death.* —JOHN 8:52.

Today I give thanks that—

THE SPIRIT OF GOD WITHIN ME GIVES ME A PERFECT PLAN WITH WHICH TO GUIDE MY WAY.

NO MATTER what problems may present themselves to me, I will not allow myself to become disturbed. If, with my reasoning faculties I cannot find a solution to a situation, I will not become panicky. I will quietly remind myself that the Spirit of wisdom within me can provide the perfect answer and will reveal it to me by means of ideas.

Whether it be in small matters or large ones, the indwelling Spirit is always capable of guiding me to do or say the right thing at the right moment. Everything in my life works out for my good as I have the faith to pray, "Thy good will be done in this situation, Father."

Behind every circumstance, endeavor, or personal plan is the divine plan of the Spirit, which is perfect. Through prayer I keep myself attuned to this divine plan and am guided, step by step, into my highest good and happiness.

♣ *To them that love God all things work together for good.*—ROM. 8:28.

Tuesday

Today I give thanks that—

JESUS CHRIST IS THE HEAD OF THIS HOME. HIS LOVE IS HERE, BLESSING EVERY MEMBER OF THIS HOUSEHOLD.

IN family relations many situations arise that can be upsetting and annoying. But when we declare that Jesus Christ is the head of our home, that His love is in our home and blessing every member of our household, we establish a spirit of peace that is greater than any situation that may arise.

Each can do his part in contributing to the peace of his home. The basis of a happy home is love in the hearts of those who live in it. We can begin with ourselves and work through prayer to keep a loving, understanding heart at all times and under all circumstances.

Every morning let us affirm: "Jesus Christ is the head of this home. His love is here, blessing every member of this household." Let us quietly dwell on this prayer, for it is the starting point to a happy, peaceful, love-filled home.

• *So then, as we have opportunity, let us work that which is good toward all men, and especially toward them that are of the household of the faith.*—GAL. 6:10.

Today I give thanks that—

I SEE ALL THE AFFAIRS OF MEN IN THE LIGHT OF LOVE.

I WISELY leave the judgment of others to God. My work is to express His love to my fellow men.

If I feel that someone has made a mistake, it is not for me to condemn. It is for me to turn to God in prayer for him and give my blessing. God sees all men with spiritual understanding. I pray for the love and the wisdom to give such understanding to all men.

If I feel that someone has done something harmful to me, it is not for me to turn in wrath against him. It is for me to express more of God's love toward him.

If I feel that someone is taking more than his share, it is not for me to chide him or to attempt redistribution. It is for me to bless him and to pray for his wisdom and illumination.

My prayer is that I may learn to see all the affairs of men in the light of God's love, wisdom, and understanding.

♣ *With all thy getting get understanding.*—PROV. 4:7.

Thursday

Today I give thanks that—

COURAGE FILLS MY HEART AS I KEEP MY FAITH CENTERED IN GOD'S FULFILLING SPIRIT WITHIN ME.

THERE are persons who hesitate to try to fulfill their aspirations because they do not feel adequate to the demands of achievement. They feel that there is too much to learn, too much competition to meet.

Any accomplishment takes effort, of course. But when we realize that we have the infinite power of God to draw upon and that accomplishment is a matter of day-by-day effort, the fulfillment of our aspirations becomes possible. We feel equal to this day's learning, this day's application. As day follows day, confidence grows within us. We find that we are going in the direction of our good.

God has given us His own Spirit. We can draw upon this Spirit and make the start today that will initiate the program of successful living we want to carry out.

Courage and incentive will rise within us, and we shall know the joy of accomplishment.

♠ *With good courage we say, The Lord is my helper.* —HEB. 13:6.

Today I give thanks that—

SPIRIT WITHIN ME IS MY ILLUMINATION AND EVER-INCREASING WISDOM.—UNITY ILLUMINATION THOUGHT.

IF WE WOULD grow steadily in spiritual stature, let us form the habit of daily praising Spirit within for illumination and wisdom. Momently we shall be illumined, and each day we shall behold the wondrous working of Spirit in every department of our lives.

Just as a plant depends on light from the sun to sustain its growth to maturity, so we depend on the light of Spirit to sustain our growth into spiritual maturity.

The light shines for us, and to the degree that we are receptive to it and accept it, it illumines us, instantly, momently, perpetually.

Illumination is the immediate answer to our prayer for light. Praise stimulates our mind to receive and accept spiritual illumination in greater degree, and so we grow in understanding and become spiritually wise.

Every day will I bless thee;
And I will praise thy name for ever and ever.
—PSALMS 145:2.

Saturday

Today I give thanks that—

ALL MY THOUGHT PEOPLE PRAISE THEE, O GOD; THE EARTH YIELDS HER INCREASE AND PROSPERITY BECOMES MANIFEST.—UNITY PROSPERITY THOUGHT.

OUR THOUGHT people are the inhabitants of our mind. They are the workers in our mental household, the shapers of our circumstances. The nature of the thoughts with which we people the domain of our mind affects our life and affairs.

Negative thoughts bring us unhappiness, discontentment, and lack. Bright, shining, positive thoughts bring us happiness, contentment, and abundance.

Praise acts as a divine cleansing agent. If we employ it with vigor, it will transform even the blackest and most hopeless thought into a brilliant and transcending joyous one.

Let your thought people now praise God for His many benefits and blessings. Then your earth, your outer life will be blessed.

Let the peoples praise thee, O God . . .
The earth hath yielded its increase.
—PSALMS 67:5, 6.

Today I give thanks that—

THE SPIRIT OF LIFE AND HEALTH IS RESTORING ME TO PERFECTION OF MIND AND BODY.
—UNITY HEALING THOUGHT.

THE SPIRIT of life and health has raised me up. The Spirit has given me new life. The Spirit has restored me and made me whole, mind and body. I rejoice and give thanks that I am whole, powerful, courageous, and perfect.

Daily I lift up my heart in songs of praise and rejoicing to the Spirit of life and health. I am continuously filled with vitalizing life. I am momently renewed, strengthened, made whole and perfect. Through the power of the Spirit of life and health in me, I have a perfect body and a perfect mind. With all my heart I praise and thank God for His loving-kindness and tender mercies.

I rejoice with the Psalmist: "I will sing praise to my God."

Praise ye Jehovah . . .
He healeth the broken in heart,
And bindeth up their wounds. . . .
His understanding is infinite. . . .
Sing unto Jehovah with thanksgiving.
—PSALMS 147:1, 3, 5, 7.

Monday

Today I give thanks that—

THROUGH CHRIST IN ME I MEET LIFE WITH POSITIVE AND AFFIRMATIVE ATTITUDES.

HAVE YOU ever examined your responses to discover if you are a negative or a positive person, if you are rejecting or affirming your resources? This is an important examination, because whether your reactions are positive or negative will determine such vital issues as your happiness and your productiveness.

For instance, when you are disappointed or hurt do you react negatively, do you blame life and other persons, or do you react positively and seek understanding of the situation? When you have a health or an economic need, do you succumb to fear and emphasize the negative aspects of the problem, or do you respond with faith and look to the healing and fulfilling resources of God for help.

Positive reactions lead one into life. And it is more of life—more vitality, more love, more beauty, more self-realization that the soul is seeking.

• *Be renewed in the spirit of your mind.*—EPH. 4:23.

Today I give thanks that—

I CAN STIR UP THE GIFT OF GOD, WHICH IS IN ME.

OUR everyday world is enriched when we stir up the gift of God, which is in us. If we are to know a consistent joy and enthusiasm in living, we must learn to enter into life. We must be open and receptive to the good that is all about us.

The rewarding aspect of entering more fully into life is that our world enlarges, our interests expand. We see meaning in relations and activities that we did not see before. We see all things with new vision.

What was routine and monotonous yesterday becomes a challenge and an art today. Within the most prosaic phases of human life—earning a living, preparing family meals, caring for the needs of others—exists the opportunity for releasing the creative power of Spirit within. It is the releasing of this Spirit, the stirring up of the gift of God which is in us that makes life wonderful and interesting.

♣ *Stir up the gift of God.*—II TIM. 1:6.

Wednesday

Today I give thanks that—

MY BODY IS THE TEMPLE OF GOD, AND I AM WHOLE.

GOD IS the Spirit of health in my body temple. Because my health comes from God, it is right and normal for my body, the temple of God, to express fullness of life and health in every part.

Prayer is the open door to God. When I need to express health, strength, and vitality in my body temple, I turn to God in prayer. A quiet mind and a peaceful heart open the way for God's life to flow ceaselessly, harmoniously in and through every nerve, cell, and organ in my body temple.

I keep before me the Truth that my body is the temple of God. Regardless of outer appearances I remember that my health comes from God and that it is normal and right for me to express my God-given heritage of health.

As I hold steadfastly to God, the Spirit of health in my body temple, my health springs forth speedily.

♣ *The temple of God is holy, and such are ye.*—I COR. 3:17.

Today I give thanks that—

I HAVE SO MANY THINGS TO BE THANKFUL FOR.

I AM thankful that I have been placed upon a planet and in a universe that is governed by dependable laws. I am grateful for all the beauties of nature, for the varieties of climates and weather that make life interesting.

I am grateful for the health and happiness I enjoy. Especially I give thanks for the Christ within me. His Spirit can increase my health and happiness a hundredfold if I surrender my life to Him.

I am grateful for the discipline and for the challenges of life that have forced me to learn many lessons that I might otherwise have neglected to learn.

I have no complaints. I am grateful that God has implanted His healing, forgiving Spirit within all of us; that through faith and love He makes all things right.

I am thankful!

Make a joyful noise unto Jehovah, all ye lands . . . Come before his presence with singing.

—PSALMS 100:1, 2.

Friday

Today I give thanks that—

"UNDERNEATH ARE THE EVERLASTING ARMS." I AM SECURE, FOR SPIRIT SUSTAINS ME FOREVER.

I HAVE no fear, for "underneath are the everlasting arms." I am in God's care. His Spirit is with me always. The loving Father has given assurance through Christ that there is nothing in all the world to be afraid of.

The Spirit within me is all powerful to protect and sustain. God is love, and love never fails. No real harm can befall me, for my life is centered in Him.

The same Father who clothes each flower in beauty and nourishes everything that grows is taking care of me. He will see me through every day, all the way, if I give Him my full faith.

When the way seems darkest I lean even more heavily on Him. I trust everything and everyone in my life to Him.

I am secure in the knowledge that Spirit forever sustains me.

He will cover thee with his pinions,
And under his wings shalt thou take refuge.
—PSALMS 91:4.

Today I give thanks that—

GOD HAS GIVEN ME A SPIRIT OF POWER, AND OF LOVE, AND OF A SOUND MIND.

WHEN our emotional reactions cause us pain, it becomes necessary to discipline ourselves as we would a child who needs to act in a different way but does not have the understanding necessary to do so without guidance.

God gave us authority over ourselves. We can speak to ourselves and change the tenor of our thoughts and emotions. When we feel unhappy we can remind ourselves that it is not necessary to wait for other persons or circumstances to change before we can experience happiness.

When we are possessed by fear we can remind ourselves that God has equipped us with the ability to handle any situation in a way that is spiritually profitable to us. No matter what we are feeling, we can always affirm the state we want to feel, and because we have authority we get the responses that mean peace and happiness to us.

♣ *For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.*—II TIM. 1:7 (A. V.).

Today I give thanks that—

"JESUS CHRIST IS THE SAME YESTERDAY AND TO-DAY, YEA AND FOR EVER."

THE Christ within is the eternal rock that cannot be shaken or moved. No matter what happens in the world about us, Christ within is "the same yesterday and to-day, yea and for ever."

His strength is mighty to sustain us; His power is strong to renew us and lift us up. His Spirit dispels all fear and gives us courage and peace of mind.

Christ within us is radiantly whole and perfect. He restores our lives with His healing life.

If we are troubled or dismayed by anything, the Christ within us declares, "Trust in Me, for I change not." No matter what the need, there is help and healing to be found in Christ within.

Knowing that Christ is with us, unchanging and eternal, we know no fear; we stand unmoved and untouched by circumstances. In Christ we are strong and steadfast.

♣ *Jesus Christ* is *the same yesterday and today, yea and for ever.*—HEB. 13:8.

Today I give thanks that—

GOD IS PRESENT IN EVERY PERSON AND IN EVERY SITUATION, A HEALING, STRENGTHENING, HARMONIZING POWER.

WHEN WE are disturbed or upset by a situation that seems beyond our power to make right, let us not give way to a hopeless feeling either about it or the persons involved. Let us remember that God is present in every person and in every situation, and that with Him all things are possible.

Our faith and prayers can do more than we realize to bless and make right conditions in our own lives or in the lives of others. The more clearly we can get a realization of the presence and power of God, the more effective will be our prayers.

Our certainty that there is a way for every need to be perfectly met will be a real source of strength and help to everyone concerned in a disturbing situation. The great peace we feel in our hearts will flow forth to bless, and our prayers will be powerful and effective.

♣ *In nothing be anxious; but in everything . . . let your requests be made known unto God.*—PHIL. 4:6.

This Month IN UNITY

Songs for Christmas

One of the most enjoyable parts of Christmas is gathering friends and family around the piano and singing Christmas carols. You will find the words and music for these beloved songs in the hymnbook *Unity Song Selections.* The book also includes songs for many other special occasions, children's hymns, and many old favorites—309 songs in all! *Unity Song Selections* is bound in dark green and priced at only $1 a copy.

A Book for Everybody

For the beginner, reading *The Household of Faith* is the simplest way to discover not only the basic ideas of Truth but the very heart of the teaching. For the advanced student, *The Household of Faith* offers the most complete picture of the Unity movement that has ever been presented. It contains facts that have never been printed before. For anyone, Truth student or not, *The Household of Faith* tells a warm and fascinating story of two extraordinary people, Charles and Myrtle Fillmore, who were loved not only as

spiritual leaders but as genuine human beings. No one can read this book without being stirred and lifted up to new heights of faith and courage. Order a copy today for some special friend. *The Household of Faith* is bound in rich brown, contains color photographs, and is priced at $5.

A "Record" Gift

Here is a gift your friends will really appreciate —"The Lord's Prayer" as recorded by Charles Fillmore, cofounder of Unity. The reverse side features an organ solo, "God Bless You Everyone," which is used as theme music on Unity's radio program, "Unity Viewpoint." The record is made of unbreakable Vinylite; it plays at 78 r.p.m.; and it is priced at only $1.50. Order one for your own record library, too.

Very often, businessmen spend years gathering data for the purpose of dissection and analysis. When the "new" truth is finally discovered and announced, one look and a comparison will usually reveal it to be a part of the two-thousand-year-old Truth of Jesus Christ. Much time and labor would be saved by turning to Christianity *first* in making plans for business success.—*Manuel Almada in* GOOD BUSINESS.

GIVE UNITY MAGAZINES FOR Christmas

You can give a lovely and lasting gift for a very small amount of money when you give a Unity magazine. As a Truth friend in California writes: "I like to send Unity magazine gifts to people because the dollar seems to last so long when it is a year's subscription to one of your publications."

UNITY The oldest of the Unity magazines, *Unity* is rich in material for the advanced student of Truth. The keynote is healing through faith. Published monthly, $1 a year.

WEEKLY UNITY Eight pages packed with practical ideas to help you every day of the week. Especially appealing to those who are new in the study of Truth. Published weekly, $1 a year.

GOOD BUSINESS A magazine that teaches business people to think in terms of success, through the application of Truth principles in the business world. Published monthly, $1 a year.

YOU Unity's newest magazine, planned especially for teen-agers. Both entertaining and inspirational in content, it is an ideal choice for any young person. Published monthly, $1 a year.

WEE WISDOM A fascinating, fully illustrated magazine for children, designed to bring boys and girls a better understanding of God working in their lives while it entertains. Published monthly, $2 a year.

And DAILY WORD published monthly, $1 a year.

UNITY SCHOOL OF CHRISTIANITY

LEE'S SUMMIT, MISSOURI

Say MERRY CHRISTMAS WITH UNITY BOOKS

ALL BOOKS ON THESE PAGES PRICED AT $1 A COPY

FOR CHILDREN

Crybaby Kangaroo **Barky and His Friends**
by Georgia Tucker Smith

Two books of read-aloud stories in lilting rhymed prose. Charming animal illustrations and bright covers enliven both.

Thank You, God **Teach Me to Pray**
by Bill and Bernard Martin

Two children's books about prayer by the well-known Martin brothers. Profusely illustrated in full color.

Jet's Adventures **Jet and the New Country**
Jet's Choice
by Bula Hahn

Three books of pioneer stories about Jet Stockwell and his family. Illustrated with pen-and-ink drawings and bound in red.

***Adventures of* THE SEVEN SPARTANS**
by Lawrent Lee

Unity's newest book for children. Fourteen fascinating stories about the members of the Spartan Club. Illustrated with silhouette drawings, and bound in green.

FOR ADULTS

NEW THIS YEAR:

Be of Good Courage, *by Frank B. Whitney.* Short articles and poems designed as aids to victorious living.

POETRY:

Best-Loved Unity Poems, *an anthology.* Favorite poems from Unity literature; 181 poems by 111 authors.

SELF-IMPROVEMENT:

A More Wonderful You, *a collection.* A very popular and useful book containing twenty-nine articles by the best-known Unity authors.

PRAYER:

Prayer Changes Things, *by Dana Gatlin.* One of Miss Gatlin's most inspiring works; tells of the dynamic transforming power of prayer.

LIVING TODAY:

Things to Be Remembered, *by Lowell Fillmore.* This book, published in response to popular demand, is a collection of Lowell Fillmore's beloved articles.

SUCCESS:

Prayer in the Market Place, *a collection.* Twenty-seven fine articles from *Good Business* magazine that show how to practice Truth in the business world.

HAPPINESS:

Prove Me Now, *by Gardner Hunting.* A book of challenge, of invitation, and of bright hope for all those who seek happiness.

UNITY SCHOOL OF CHRISTIANITY
LEE'S SUMMIT, MISSOURI

Directory of Unity Books

(These books are $1 each unless otherwise stated)

FOR BEGINNERS

A More Wonderful You
Beginning Again
Favorite Unity Radio Talks
God a Present Help
God Is the Answer *(Dutch or English)*
How I Used Truth *(German or English)*
Lessons in Truth *(Italian, English, French, German, Russian, Spanish, Dutch)*
Letters of Myrtle Fillmore
Lovingly in the Hands of the Father
New Ways to Solve Old Problems
Prove Me Now
The Great Physician
Things to Be Remembered
Whatsoever Ye Shall Ask

FOR HEALING

Christian Healing *(English or German)*
Divine Remedies
Jesus Christ Heals
Truth Ideas of an M.D.
You Can Be Healed

FOR THE HOME

You and Your Child *(English or French)*

FOR PROSPERITY

As You Tithe So You Prosper (50¢)
Both Riches and Honor *(French or English)*
Prayer in the Market Place
Prosperity
Prosperity's Ten Commandments
Working with God

FOR INSPIRATION

Best-Loved Unity Poems
Be of Good Courage
Have We Lived Before?
Mightier than Circumstance
Prayer Changes Things
The Household of Faith ($5)
The Sunlit Way

FOR DEVOTION

Bible, American Standard Edition ($6.50)
Book of Silent Prayer (50¢)
Keep a True Lent
Effectual Prayer
The Silence (50¢)

FOR ADVANCED STUDY

Atom-Smashing Power of Mind
Christ Enthroned in Man
Know Thyself
Metaphysical Bible Dictionary ($5)
Mysteries of Genesis
Mysteries of John
Selected Studies
Talks on Truth
Teach Us to Pray *(English or French)*
The Twelve Powers of Man
What Are You?

FOR CHILDREN

Barky and His Friends
Crybaby Kangaroo
Jet's Adventures
Jet and the New Country
Jet's Choice
The Seven Spartans
Teach Me to Pray
Thank You, God

Announcing

A NEW UNITY GREETING BOOKLET

Just in time for your Christmas giving, here is a new Unity Greeting Booklet. Entitled *I Wish You Merry Christmas,* it is a heartwarming collection of short articles and poems in the true yuletide spirit. It includes selections by R. H. Grenville, James Dillet Freeman, Clara Bell Thurston, and many other well-known Unity authors, and its cover bears a Christmasy snow scene that is almost lovely enough to frame.

Besides the new booklet *I Wish You Merry Christmas* these other greeting booklets are also especially suitable for Christmas giving:

Christmas Blessing
The Christmas Spirit
God Bless Your Christmas
The Great Helper
Holy Bread
Life Is Consciousness
The Mental Equivalent
The Protecting Presence
Recipes for Living
The Song of Life
The Week Before Christmas

Pocket size and printed on fine paper, each colorful Unity Greeting Booklet comes with a Christmas mailing envelope requiring only 2 cents postage. The booklets are sent direct to you so that you may personally address them and mail them to your friends. Unity Greeting Booklets are priced at 10 cents each; 12 assorted (either your selection or ours) for $1.

UNITY SCHOOL OF CHRISTIANITY
LEE'S SUMMIT, MISSOURI

The Meaning of Praise

FRANCES McKINNON MORTON

I would be always filled with rejoicing,
  I would be always singing His praise,
Making my life a psalm of thanksgiving,
  And all of my days Thanksgiving
    Days.

When I have looked on His bright crea-
    tion,
  Hills and valleys and murmuring
    streams,
I feel I have met my great Creator
  And shared the light of His lovely
    dreams;

My heart overflows with joy and singing,
  And deep within me I clearly see
The beautiful, happy, purposeful life
  That He in His wisdom planned for
    me.

This is the meaning of praise and
    thanksgiving,
  This is the truth our living may prove:
We, as we give our heart's adoration
  More closely resemble the One that
    we love.